

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

DECEMBER 2, 2005

Camp Smith outscores Dirty Third, but will not see championship game

Complied by Public Affairs Staff

Marine Corps Base Hawaii, Kaneohe Bay

The Camp Smith Howlin' Mad Dogs faced off with 3rd Marine Regiment, Headquarters Company Monday in a semi-final Intramural Football playoff game at Pop Warner Field aboard Marine Corps Base Hawaii, Kaneohe Bay. The game ended with neither team advancing to the championship.

Camp Smith used their usual plan of attack, running the ball play after play, with a few passes mixed in to keep Dirty Third's defense honest.

Jonathan "Big Jon" Kahapea, Mad Dogs' fullback, put the first six points on the board, as he bulldozed

through Dirty Third's defensive line with six minutes to go in the first quarter.

The remainder of the first half was wasted away with turnovers and penalties.

It was in the final seconds of the half that things got intense.

With the Mad Dogs in possession of the ball, running back Rodney "Mac" McCullough continued to pound the ball up the field, every yard hard earned.

On a reverse-run play, Mac went up the left side, diving into the end zone to boost the score to 13-0. Quarterback Marlon Cummings ran out of options and scrambled right, rolling into the end zone for a two-point conversion, making it 15-0.

The half seemed to be over with only five seconds on the clock, but Dirty Third's quarterback Taurean Smith hurled the ball deep, connecting with his receiver, Rick Almeida. The ball was almost stripped, but Almeida came away with it closing the score to 15-6 after a missed extra-point attempt.

Early in the fourth quarter, Dirty Third recovered a fumble and marched down the field with solid passing and running by Smith.

It was third and 10 for Dirty Third when Smith tossed up a pass that was tipped by Brenden Villa'hashimoto, Mad Dogs' safety, but still caught in the end zone by Dirty Third.

See PLAYOFFS, C-6



Lance Cpl. J. Ethan Hoaldridge

Rodney McCullough dives into the end zone to boost the score to 13-0 on a reverse-run play in the second quarter. The Camp Smith Mad Dogs beat the Dirty Third, 21-6.



Lance Cpl. J. Ethan Hoaldridge

Jonathan "Big Jon" Kahapea, Mad Dogs' fullback, put the first six points on the board as he bulldozed through Dirty Third's defensive line with six minutes to go in the first quarter. The Intramural Football game, Howlin' Mad Dogs vs. Dirty Third, took place at Marine Corps Base Hawaii, Kaneohe Bay.

Steel Reign put Barnyard Dogs on short leash



Lance Cpl. Ryan Trevino

Steel Reign pitcher Gary Schmidt takes a big cut at a pitch. The Reign's high-powered offense was the key to their 17-3 victory over the Barnyard Dogs in Monday night's game.

Lance Cpl. Ryan Trevino
Sports Editor

The 1st Battalion, 12th Marines' Steel Reign put a muzzle on the Housing Barnyard Dogs, 17-3, in Winter Intramural Softball action, Monday, at Annex Field aboard Marine Corps Base Hawaii, Kaneohe Bay. The Steel Reign improved their record to 5-15 heading into the playoffs. The Barnyard Dogs continue their losing streak and fall to 1-20 for the season.

The Steel Reign won the coin toss and decided to bat first. Reign pitcher Gary Schmidt, hitting for his team, started with a leadoff single. Schmidt later crossed the plate, off a teammate's double, for their team's first run. Another double by shortstop Wesley Ferguson sent two more runners across the plate, which put the Reign up early, 3-0.

Schmidt was hot on the mound, going in the bottom of the first with two strikeouts. The Dogs couldn't get any momentum going at the plate and didn't score a run in the first inning.

Joseph Taitingfong hit a liner up the middle for a single to start off the top of the second for the Steel Reign. Marco Norman advanced Taitingfong to third with a line drive of his own. A sacrifice fly to deep center field allowed Taitingfong to walk home and made the score 4-0. Kevin Enlow kept the hitting

streak alive with a two-run-scoring hit. Ferguson stepped back up to the plate and nailed a deep fly ball over Barnyard Dogs' center fielder David Janke's head. He crossed the plate after another Steel Reign hit and made the score 9-0 in the top of the second.

The Barnyard Dogs needed something to happen this time at the plate if they were to have any chance of winning the ball game. After a hit from Brian Wallace and a few walked batters, the Dogs found themselves with the bases loaded. Schmidt walked the next batter up and allowed a run to walk in from third base, which finally put the Dogs on the board 9-1.

The Steel Reign saw this as a threat and came out swinging in the top of the third. Rob Adams smashed a ball to the outfield, which scored two runs for the Reign. A sacrifice fly from Schmidt scored another run and increased the Reign lead to 11-1. Enlow knocked a ball to center field for his second double of the night and scored another run. Enlow was three for four at the plate during the game.

The Dogs tried to rally in the bottom of the third, starting with two back-to-back singles from the top of the line up. The Reign saw that the competition had stepped up their game, offensively, and countered that with a display of solid defense. Taitingfong hurled a ball from shallow

See REIGN, C-5

BASE SPORTS

Dec. 11

Military Pricing for Honolulu Marathon — All active duty service members who are interested in participating in the Honolulu Marathon, Dec. 11, take note: If you enter by Dec. 10, entry fee is \$15. Entry forms are available from at the Kaneohe Bay Semper Fit Center or at the MCCS Athletics Office, Building 219.

Need transportation? Not a problem. MCCS will provide free bus transportation the day of the event, leaving the Semper Fit Center at 3:45 a.m. and returning to Kaneohe Bay at 3 p.m. There will be a joint-service hospitality tent with MCCS on site at the event to give away fruit, water, soda and Gatorade.

For more information, call Stacy Barkdull at 254-7590.

Ongoing

Youth Basketball Now Registering for 2006 League — Register youths 6 through 17 for MCCS’ Youth Basketball, coming in February 2006. Since practice begins in January 2006, YA is now accepting registrations.

The cost is \$50 for YA members and \$60 for nonmembers. The league is open to all authorized patrons,

including active duty and DoD civilian family members (a photocopy of a military identification card is required at registration).

Volunteer coaches are needed for this league, so if your child is participating, join in on the fun. Or, if you’ve been looking for that perfect volunteer opportunity, here’s your chance.

To register, or for more information, call 254-7611.

Semper Fit Seeks Applications for Armed Forces Bowling

— The Armed Forces Bowling Championships will be held Jan. 6, 2006 through Jan. 14, 2006 in Reno, Nev., so get your game face on and get ready to hit the lanes.

Service members interested can submit applications to the Semper Fit office located in Building 219 by Dec. 15. Applications must contain written proof of your current bowling average, which, for men, must be at least 215 and at least 160 for women.

Applications are available online at www.usmc-mccs.org/sports or at the Semper Fit office. Think you can cut it?

For more information, call Stacy Barkdull, MCCS Athletic Sports coordinator, at 254-7590.

Semper Fit Seeks Applications for All-Marine Wrestling Trials

Boxing Trials — All-Marine Boxing trials will be held at Camp Lejeune, Jacksonville, N.C., Jan. 7, 2006 to Feb. 5, 2006. The Armed Forces Boxing Championship will be held Feb. 6, 2006 to Feb. 11, 2006 at Naval Base Ventura, Calif.

Marines who are interested in competing need to submit an application no later than Dec. 10 at their local Semper Fit office. Applications are available online at www.usmc-mccs.org/sports and must include information on past boxing experience, numbers of bouts, and the results from the past two years.

For more information, call Stacy Barkdull at 254-7590.

Semper Fit Seeks Applications for All-Marine Wrestling Trials

— The All-Marine Wrestling trials will be held Feb. 1 through March 16, 2006, at Marine Corps Base, Quantico, Va. The championship will be held March 16 through March 19, 2006 at Camp Lejeune, Jacksonville, N.C.

Marines interested in competing must submit applications by Jan. 13. Applications must contain information on past wrestling experience, weight class, numbers of matches, and results from the past two years of competition.

Applications are available online at www.usmc-mccs.org/sports or at the local Semper Fit office. Marines must send their applications through the Semper Fit Athletics office.

For more information, call Stacy Barkdull at 254-7590.

Parents for Fitness — This cooperative babysitting effort is available at the Semper Fit Center for children 6 weeks and older.

All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

For more information, call 291-9131.

Okinawa Kenpo Karate — Every Tuesday and Thursday, join MCCS Youth Activities’ contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located behind the old 7-Day Store.

Adults and children are welcome. Costs for classes are \$35 for adults, \$25 for children, and \$20 for additional family members. For information, call MCCS Youth Activities at 254-7610.

Massage Therapy — Massage therapy, by certified massage therapists, is available at Kaneohe Bay and Camp Smith. Massage therapy will help relieve your mental and physical fatigue and improve overall circulation and body tone. Choose from Shiatsu, Swedish, Lomi, deep-tissue and even hot-rock therapy.

For appointments, call the K-Bay Semper Fit Center at 254-7597 or Camp Smith at 477-5197 during regular business hours, Monday through Friday.

Paintball Hawaii — Nestled behind the Lemon Lot, stands



Sgt. Joseph A. Lee

Robert Carrick Jr. sprints with the flag during a paintball tournament earlier this year. Paintball Hawaii is located near the Lemon Lot aboard Marine Corps Base Hawaii, Kaneohe Bay, and is open on weekends from 9 a.m. to 5 p.m.

Paintball Hawaii. Shoot over for the great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m.

Call 265-4283 for appointments.

Fishing Charters Available at MCB Hawaii — Spend the day aboard the Bill Collector fishing charter boat.

Check out the new boat, especially built for charter fishing at its finest, and then spend your day with family and friends off the coast of Windward Oahu, catching some of the ocean’s most exotic and tasty fish.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.

Inexpensive, Fun Entertainment — Look no further for economical entertainment, Mondays through Thursdays, at the K-Bay Lanes where all E-1 to E-5 can receive free rental shoes and discounted games at only \$1.50.

For more details, call 254-7693.

Color Pin Special — Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, call the K-Bay Lanes at 254-7693.

Personal Trainers Available at Semper Fit — For those looking to get into a tailored exercise regimen, or for those just looking for some good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only \$5 per workout, a professional trainer will actually work with



Cpl. Megan L. Stiner

Dragon and the Lightning youth basketball team members look up at a shot taken from the outside, and prepare for a rebound during the final game of the 2005 season. Youth basketball is currently taking registration for the 2006 league.

Intramural Softball Standings

VP-9	17-2
2-2	19-5
MAG-24	19-7
CSSG-3	15-6
HQBN	14-6
VP-4	13-10
HSL-37	12-12
CSSG-3 Maint.	10-11
1/12	5-16
3rd Marines	2-17
Barnyard Dog	1-22

Standings are current as of Monday

COMMUNITY SPORTS

HTMC Plans Advanced, Novice Hikes

Join the Hawaiian Trail and Mountain Club on hikes Sunday and Dec. 10 to burn off those holiday treats.



Sunday’s trek takes hikers on a 14-mile, advanced, contour hike near Pearl City. This trail doesn’t go on forever, it just seems that way. The wide and graded trail lulls you into steadily continuing on, mile after mile, and rewards you with a view of Kahaluu and the beautiful Windward coast. Wear comfortable shoes so you can enjoy your walk back.

Contact coordinator Clayton Kong at 545-2467 for details.

Dec. 10, adventure-seekers can tackle a four-mile novice hike along Kaena Point. Although, kaena means oven, at this time of year Kaena Point can be a very mellow, windy, wild coastline hike taking you past the famed jumping-off rock of the spirits into the netherworld, finishing at the northernmost point with a lone automated lighted beacon beneath Peacock Flats.

For more information, contact coordinator Phil Booth at 488-1161.

Hikers should meet at 8 a.m. on the mountain side of Iolnai Palace.

A \$2 donation is requested for each non-member age 18 or older. A responsible adult must accompany children younger than 18. Bring lunch and water on all hikes and wear sturdy shoes and appropriate clothing. Firearms, pets and radios, or other audio devices, are prohibited on hikes.

For more information, check out the HTMC Web site at www.geocities.com/Yosemite/Trails/3660

State Offers Outdoor Education

The Hawaii Department of Land and Natural Resources is offering education classes to the

public. Subjects covered include firearms and archery safety; survival and first aid; wildlife identification; and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification. Classes, open to anyone 10 and older who enjoy the outdoors. The sessions are ideal for hunters, campers, hikers, and other outdoor enthusiasts.

The next two-day session is Dec. 16 from 5:45 to 10 p.m. and Dec. 17 from 7:45 a.m. to 4 p.m. in Classroom A-212A at the Nimitz Business Center, 1130 N. Nimitz Highway. Drive up the ramp to the classroom, which is the first room on the right. A picture ID is required for entry to the sessions.

For more information about outdoor education, or to sign up for this course, call 587-0200 or visit www.hawaii.gov/dlnr/welcome.html.

Half Marathon Runs Over Maui

The 2nd Maui Surf and Sand Half Marathon will take place on the Valley Isle, Jan. 15, 2006.

The 13-mile course runs from Kapalua to Lahaina along the coast on Honoapiilani Highway.

Cost for the race is \$60 and includes a T-shirt and finisher’s medal. First-, second- and third-place finishers will receive \$500, \$250 and \$100, respectively.

Athletes wishing to participate can register by printing a form from www.mauisurfsandhalf.com/indexMain.html or by visiting www.active.com.

Run to the Sun Heads up Haleakala

Run to the Sun is a 36-mile ultra marathon starting at sea level and climbing to the 10,023 foot summit of Haleakala, legendary “Home of the Sun,” and will tak place March 25, 2006. This challenging course, is not for the novice

marathoner. Entrants must be 18 years or older and rigorously prepared to meet the challenge of the strict 10-hour time limit.

Detailed course and event information will be sent to each entrant upon receipt of application form and fee. Relay teams of three persons may also enter Run to the Sun. There will be no race-day registration.

Entry fee is \$95 for individuals and \$150 for relay teams if registered by March 17, 2006.

Runners wanting to participate can enter by mailing in a form available at www.virr.com/run_2_sun.html or by registering online at www.actice.com.

Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs on their Web site: www.bellowsafs.com.

For information, call the Turtle Cove office at 259-4112 from 8 a.m. to 8 p.m.

•**Saturdays at 8 a.m., Morning Paddle:** Take the guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Cost is \$14. Advanced skill level is required.

•**Sundays at 8:30 a.m., History Tours by Bike:** Ride mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows Air Force Station. Wear closed-toe shoes. Cost is \$15 for bike and helmet rental.

•**Mondays at 8:30 a.m., Hike to Makapuu:** Take a moderate 2 1/2-mile round-trip hike to the Makapuu Lighthouse. Hikers will be rewarded with awesome views of Koko Crater, Diamond Head and Waimanalo Bay. Wear closed-toe shoes.

Cost is \$8 for adults and \$5 for children 12 and younger.



•**Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour:** Discover the magnificent underwater world of the ocean at a nearby undisturbed reef. Transportation, instruction and snorkeling equipment are included. Cost is \$15 for adults and \$8 for children 12 and younger.

•**Wednesdays and Thursdays at 1 p.m., Kayaking Lessons:** Master ocean-kayaking skills, including water safety and efficient paddling techniques in this two-hour class. The class is free with a day kayak rental.

•**Thursdays at 9 a.m., Beach 101:** See fascinating natural phenomena as you wade across seaweed-covered reef flats and rock tide pools.

This is an educational experience for the whole family. Be sure to wear comfortable footwear, a hat, swimsuit, sunscreen, and bring water. Cost is \$8 for adults and \$5 for children 12 and younger.

•**Thursdays at 8 a.m., Free Aloha Breakfast in the Recreation Center Lanai:** Find out about all the exciting programs and specials happening at Bellows. Enjoy a free continental breakfast and sign up to win door prizes.

•**Fridays at 1 p.m., Bodyboarding Lessons:** Learn how to catch and ride the waves. Free day rental of boogie board is included in the \$5 fee.

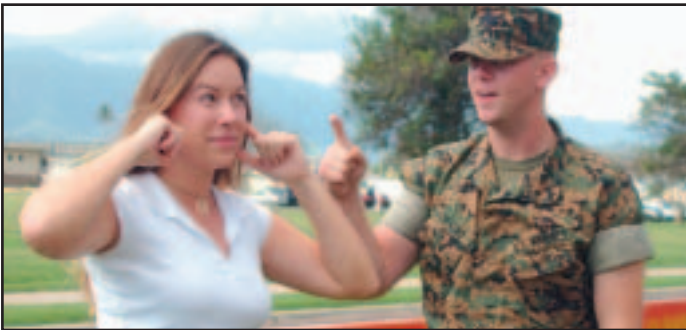
•**Miniature Golf:** One of the miniature golf courses on the island is the Bellows Mini-Golf Course. It is lighted and open for night play.

•**Driving Range:** Next to our mini-golf course is a driving range. Clubs and buckets of golf balls are available for rent.

For more information, log on to www.bellowsafs.com.

Hawaii Marine Accepts Briefs

To post sports and recreational briefs of interest to the Marine Corps Base Hawaii, Kaneohe Bay, community in the Hawaii Marine, e-mail requests to editor@hawaii-marine.com or call 257-8835.



The Bottom Line

Editor’s Note: This week, “The Bottom Line” introduces its newest sports aficionado, Lance Cpl. Ryan Trevino, a native of Texas who will therefore be referred to as “The Texan.” Hawaii Marine welcomes “The Texan,” and looks forward to his verbal bouts with “The Cheese” — the other half of our famous “The Bottom Line” team. And, as a reminder, our readers are welcome to get in on the action by sending your “Reader’s Strike Back” comments to editor@hawaiimarine.com. Tell us what you think about what our sports duo is peddling by sending an e-mail, 250 words or less. If selected, your voice will be heard because your comments will be published in the upcoming edition.

Who’s in Heisman Trophy contention?

Kristin Herrick
The Cheese

For one night in mid-December, the best of the best college football players will trade in their jerseys and helmets for suits and ties. The tradition dates back to 1935 and to win the heavy bronze-cast trophy up for grabs means only one thing — the recipient is the year’s best player in college football.

Only one man — Archie Griffin — has won the Heisman Trophy twice, and that was 30 years ago. The only thing that stands in Matt Leinart’s way of repeating Griffins’ accomplishment is his USC teammate, running back Reggie Bush.

This shouldn’t be a tough column to write. There are really only three or four athletes worthy of the Heisman — as usual — but they are all good in their own way and comparisons are difficult.

I’ll start with the underdog — Ohio State’s A.J. Hawk. With a name like that, he’s gotta be good. A big reason the Buckeye linebacker made the list is because of the old saying “Defense wins games.”

The Cheese truly believes this. Hawk, the Big 10 Defensive Player of the Year has some stellar stats, 109 tackles, 7.5 sacks and he blocked a punt and returned it for a touchdown. If it weren’t for the overly impressive offensive of USC, Hawk would have this competition wrapped up behind the line of scrimmage.

With one Heisman in his trophy case, Matt Leinart should be able to relax and enjoy some champagne during this year’s award dinner. Not that winning two wouldn’t be nice, but I think the judges will want to spread the wealth around a bit.

Bottom Line: As much as The Cheese would like to see a defensive player get the Heisman, the judges are zeroed in on southern California again for this year’s winner. Junior Reggie Bush will take top honors and have a new bronze statue to take home in a couple weeks. Scoring 16 total touchdowns on the season is impressive enough, but remember that if Bush were on a team with a less talented QB, he’d probably have a few more.

Lance Cpl. Ryan Trevino
The Texan

Well, being that I’m from Texas, and I have been watching the Longhorns play at Royal-Texas Stadium since M.C. Hammer was cool, I have to go with my boy, University of Texan Longhorn’s quarterback Vince Young, for my prediction for this year’s Heisman Trophy winner. On top of being a huge Longhorn fan, I’ve been watching Young dis defenses since he was playing quarterback for Madison High School back in Texas, and was the top-rated high school prospect in the nation, according to Sporting News.

Yeah, I know the experts on the sports talk shows and the newspaper columnists want to label him as an excellent rusher, average passer, and that he throws side-arm instead of over the top, but come on people, don’t believe the hype. They said the same thing about Michael Vick, and look how he proved them wrong. It’s about to be 2006 and with growing aggression of college defenses, speed at the QB position is where it’s at.

Yeah, I know looking at this year’s statistics of Young compared to University of Southern California’s QB Matt Leinart, a more traditional QB, it’s hard to make my argument. But, there is one stat that people don’t seem to notice. Young has thrown a total of 72 less passes than Leinart, but only has one less touchdown pass. That’s a tie-breaker right there, and on top of the that, Young gets the job done on the ground with 815 yards rushing. Besides, Leinart won last year, and nobody has been deserving of the honor of winning twice since Archie Griffin did it back in 1974-75.

The Heisman Trophy should be given to the player who contributes the most to his team’s success during the season. Vince Young may not be the best player, statistically speaking, but he has taken charge, almost single-handedly, and lead his team to the top of the Big XII Conference, the hardest in my opinion, and will continue the charge straight to the Rose Bowl. Let’s not forget that he’s only a junior.

See TEXAN, C-8

Cheese

Atlanta @ **Carolina**
Buffalo @ **Miami**
Cincinnati @ **Pittsburgh**
Dallas @ **N.Y. Giants**
Green Bay @ Chicago
Houston @ **Baltimore**
Jacksonville @ Cleveland
Minnesota @ Detroit
Tampa Bay @ New Orleans
Tennessee @ **Indianapolis**
Arizona @ San Francisco
Washington @ **St. Louis**
Denver @ Kansas City
N.Y. Jets @ **New England**
Oakland @ **San Diego**
Seattle @ Philadelphia

The Giants-Cowboys game is going to be one to watch. New York will pull it off if Jay Feely gets back on track. Pittsburgh will have just enough drive to stop the Bengals and tie up the AFC North. Monday night total score: **29**

Week 12 Picks

To play, clearly circle the teams you think are going to win. Drop your picks off under the door of Room 19 in Building 216 or e-mail your picks to kristin@hawaiimarine.com by Saturday at midnight. The person who has the most correct picks will get to boast in the Hawaii Marine and fill us all in on their following week's predictions. The closest to the total score for Monday Night's game, without going over, will determine the winner in the event of a tie.

Atlanta @ Carolina
Buffalo @ Miami
Cincinnati @ Pittsburgh
Dallas @ N.Y. Giants
Green Bay @ Chicago
Houston @ Baltimore
Jacksonville @ Cleveland
Minnesota @ Detroit

Tampa Bay @ New Orleans
Tennessee @ Indianapolis
Arizona @ San Francisco
Washington @ St. Louis
Denver @ Kansas City
N.Y. Jets @ New England
Oakland @ San Diego
Seattle @ Philadelphia

Monday Night Tiebreaker (Seattle @ Philadelphia): _____ points.

NAME:_____ PHONE:_____

Texan

Atlanta @ Carolina
Buffalo @ **Miami**
Cincinnati @ Pittsburgh
Dallas @ N.Y. Giants
Green Bay @ Chicago
Houston @ Baltimore
Jacksonville @ Cleveland
Minnesota @ Detroit
Tampa Bay @ New Orleans
Tennessee @ **Indianapolis**
Arizona @ **San Francisco**
Washington @ St. Louis
Denver @ Kansas City
N.Y. Jets @ New England
Oakland @ **San Diego**
Seattle @ Philadelphia

It’s getting to be crunch time heading to the playoffs. I’m looking for some upsets this week. The game to watch is Atlanta vs. Carolina. I think Vick has what it takes to overcome Smith and the Panthers to make the NFC south interesting. Monday night total score: **34**

To read the Hawaii Marine online, visit www.mcbh.usmc.mil.

Marine finds niche in bodybuilding

Sgt. Robert M. Storm
Combat Correspondent

BAGRAM AIR FIELD, Afghanistan — Sgt. Marvin K. Walker, supply clerk, from Bronx, N.Y., finds his niche in the Marine Corps and bodybuilding.

“I joined the Marine Corps about a year after high school. I originally joined for school money, but I immediately took to it and plan on being a lifer,” said Walker. “Since I started bodybuilding, I changed my focus on school to get a degree in kinesiology.”

Walker is assigned to Combat Service Support Group 3, Marine Corps Base Hawaii, Kaneohe Bay, that is supporting 2nd Battalion, 3rd Marine Regiment during Operation Enduring Freedom in Afghanistan.

When not on duty, Walker works out in the gym for three hours a day. When he was in Hawaii, he has entered and won fist place in an amateur bodybuilding competition on Maui. Walker let out a small

depreciating laugh and a shook his head as he talked about how he started taking bodybuilding seriously.

“Everyone has a story of why they started. I don’t. I always worked out, but one day I just decided I wanted to start bodybuilding seriously, so I did,” said Walker who appears slightly embarrassed with being the center of attention. “There was no rhyme or reason, but when I started, I took to it. I even used to get into fights with my training partner when he tried to be lazy.”

Walker is currently serving his eighth year in the Marine Corps and claims that before he started bodybuilding he only weighed 160 pounds. He now tops out at 205 pounds and bench presses more than 400 pounds.

Although Walker is in better shape than ever, he admits that there are some drawbacks to being a body builder.

“I was always a 300 PFT (referring to the Marine Corps physical fitness test, 300 being a perfect score), but now my run

time lost about a minute. I still try to maintain a 60/40 ratio between building muscle and staying lean,” said Walker.

Among other things, Walker also admits that the diet for a bodybuilder is a difficult one. Most of the foods are high protein — chicken, green vegetables, rice, protein shakes, and water. There is no room for cheating on this diet, no salt, sugar, soda or anything else.

Walker said people always ask for his advice on how to start out. He tells those who ask that one of the biggest assets is a dedicated partner.

“It makes it easier by having someone there to push you when you just don’t feel like working out. You support and push one another,” said Walker.

After he completes his tour in Afghanistan, Walker will go on to Marine Corps Recruit Depot, San Diego, where he will be a drill instructor .”I know it will be tough to still work out as much and to compete, but I’m self motivated and very dedicated,” said Walker. “It’ll be alright.”



Sgt. Robert M. Storm

Sgt. Marvin K. Walker, supply clerk, assigned to Combat Service Support Group 3 flexes for the camera. He is currently serving in Afganistan in support of Operation Enduring Freedom.

SPORTS AROUND THE CORPS

Marines, Japanese soldiers bond during sports day



Cpl. Martin R. Harris

Pfc. Freddy Davis hugs a Japanese soldier after the Japan Ground Self Defense Force and Marine Corps sports day on Camp Naha Nov. 15. The daylong activity was to help promote friendship and camaraderie between the Japanese soldiers and the Marines of III Marine Expeditionary Force. Davis is a warehouse clerk for Material Readiness Company, 3rd Material Readiness Battalion, 3rd Marine Logistics Group.

Cpl. Martin R. Harris
Marine Corps Base, Camp Butler

CAMP NAHA, OKINAWA, Japan — The United States’ 32nd president Franklin D. Roosevelt once said, “We cannot always build the future for our youth, but we can build our youth for the future.”

The future is exactly what the soldiers of the 1st Combined Group, Japan Ground Self Defense Force, had in mind when they invited Marines from III Marine Expeditionary Force to Camp

Naha for a day of sportsmanship as they hosted sports day Nov. 15.

“The JGSDF officers and sergeants major have a great relationship with the Marine officers and sergeants major, but our young soldiers and Marines never get the opportunity to interact,” said Sgt. Maj. Hideki Akamatsu, JGSDF liaison to III MEF. “It’s very important for the young soldiers and Marines to start a good relationship at a young age. Hopefully, when this generation becomes sergeants

major, they will be even more familiar with each other and are true friends.”

Marine Corps Community Services’ Single Marine Program sponsored the JGSDF and Marine Corps sports day, which was held on the JGSDF base. The 110 Marines, representing nearly all units of III MEF, participated in several different sports with approximately 75 Japanese soldiers.

Starting out the day under a bright cloud cover the soldiers

See BONDING, C-7

REIGN, from C-1

center to home plate to gun down a base runner and prevent an easy score for the Dogs. The Dogs still were able to get one run off a single from Wallace, which brought the score to 12–2.

The Reign came out strong with a four-run bottom of the fourth. After two quick outs at the beginning of the inning, the Reign pulled out the big bats and started to finish off their opponents. Ron Nordan smashed a double off the pitcher, and after some confusion in the infield over how many outs there were, a runner slipped, unnoticed, across the plate for an easy score. Schmidt scored Norman with a two out single, which brought the score to 14–2.

The Dogs didn’t have an answer for the Reign’s two-run top of the fourth and kept the score at 15–2, as the Reign came up to the plate for the last time in the game.

After a double by Taitingfong that scored two runs, the Reign put down their bats and picked up their gloves to take the field one last time to crush any comeback hopes the Barnyard Dogs may have had.

A single by Janke, followed by another single by Jason Wallace that scored a run proved too little, too late for the Dogs, and the game ended at 17–3, Steel Reign over the Barnyard Dogs.

“We played amazingly well,” said Gary Schmidt, simply describing his team’s performance during the outing.

Catch more Winter Intramural Softball play every Monday through Wednesday at Annex and Risley Fields aboard K-Bay.



Lance Cpl. Ryan Trevino

Barnyard Dogs short stop Jason Wallace turns two, early in Monday’s game. The Dogs’ defense had problems containing the high-powered offense of the Steel Reign and allowed 17 runs to score during Monday’s Intramural Softball game played at Annex Field aboard Marine Corps Base Hawaii, Kaneohe Bay.

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Fighting Heart Disease and Stroke

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Do You Know Your Numbers?

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Your blood pressure should be below 140/90 mm Hg.

Blood Pressure

140/90 mm Hg or lower

Total Cholesterol

200 mg/dL or lower

HeartStroke Briefs



Lance Cpl. J. Ethan Hoaldridge

The half seemed to be over with only five seconds on the clock, but Dirty Third's quarterback Taurean Smith hurled the ball deep connecting with his a receiver for a touch-down. The intramural football game ended with the score 21–6, Mad Dogs.

PLAYOFFS, from C-1

The touchdown was called back because of penalties, and Dirty Third's frustration increased.

"It's a tough fought game, but these penalties killed us," said Almeida.

To no surprise, Camp Smith continued the running game, keeping the ball out of the air.

Fullback Sinapao Roberts stuck the dagger in Dirty Third with a third quarter touchdown with six minutes left.

The remainder of the third and fourth quarter was consumed with interceptions and turnovers on downs by both teams.

With 10 seconds left in the game, Camp Smith Mad Dogs' quarterback takes a knee to run the time off the clock. It should have been a semi-final intramural football championship win over the Dirty Third at K-Bay, but due to the unsportsmanlike conduct at the end of the game, it was all for nothing.

"All the players from both teams have been suspended for the remainder of the season due the altercation at the end of Monday's game," said Joe Au, the MCBH intramural sports coordinator. "The game scheduled for December 5 has been cancelled."

The final score for the ill-fated game on Monday, was 21–6, Mad Dogs.

The championship game was played, Wednesday, between HQBN and CSSG-3. Read Hawaii Marine next week for highlights of the championship game.



Lance Cpl. Ryan Trevino

For 'love' of the game

Jack Thibault, 10, a member of the Marine Corps Tennis Academy Junior team, Twelve and Under Division, returns a serve from Team Kailua's Jessica Gambrell during their match, Saturday, at the tennis courts aboard Marine Corps Base Hawaii, Kaneohe Bay. The Marine Corps Tennis Academy currently holds second place in the league and have qualified for sectionals play, Dec. 17, in Central Oahu Regional Park, Waipio.

Before you sit down to another meal oozing with saturated fat, try some food for thought. Think about how all that fat will raise the amount of cholesterol in your blood. Think about thick layers of cholesterol-laden plaque building up along your artery walls. Think about your arteries becoming dangerously congested. Think about the pain of a heart attack. Finally, think about dying. It's enough to make you lose your appetite.



American Heart Association

WE'RE FIGHTING FOR YOUR LIFE

BONDING, from C-4

and Marines were reminded by the Sergeant Major of the Marine Corps why their friendship will be important in the future.

“Keeping the friendship between our countries strong will help us to ensure peace and stability in this part of the world,” said Sgt. Maj. John L. Estrada.

After the sergeant major’s words, the service members broke into six small groups. Four of the groups played softball while the other two played Japanese-style dodge ball, pitting Marine teams against Japanese teams.

After the softball and dodge ball games, a tug-of-war tournament tested the strength and stamina of the Marines and soldiers until lunch was served.

Provided by the Single Marine Program, lunch consisting of hot dogs, hamburgers, and all the fixings was served along with Japanese somen, a type of cold noodle.

After finishing, the soldiers and Marines competed in an egg toss and dizzy izzy races, which were the highlight of the day for Pvt. Samantha Meade.

“The dizzy izzy was by far my favorite event of the day,” said Meade, a radio operator with III MEF, 7th Communications Battalion, B Company.

“We got to really interact with the Japanese soldiers. They are very funny, always laughing and making jokes.”

The event’s activities came to an end after Marines and soldiers bulged their biceps during an arm-wrestling competition. Both Japanese and Marines seemed to have found a new respect for each other’s relentless pursuit of arm-wrestling victory.

The day of camaraderie and friendship through sports was a great way for the Japanese soldiers to get to know Marines first hand, said Sgt. Maj. Michael E. Tuttle, Camp Hansen sergeant major.

“I think it’s important for us to show the Japanese soldiers that we do good things,” said Tuttle.

The Japanese soldiers enjoyed their time with the Marines, and felt it was extremely important to build a strong relationship, on and off the battlefield.


“It was quite fun and new experience for me today because there are no opportunities on a regular basis for us to play sports with foreigners,” said Pvt. Tomohiro Yoshida, a member of the 1st Combined Group. “If we have more chances to interact with each other to strengthen our ties, we can better work toward the same goal to defend our countries.”




Cpl. Martin R. Harris

Lance Cpl. Charles P. Hodges grits his teeth while trying to finish off an arm-wrestling match. Arm wrestling was one of the many activities the Marines and soldiers participated in.


Face the Facts



Older Americans spend **twice** as much on **health care** as others.

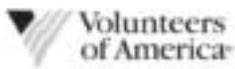


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Slap shot happy

Christian Ramsey, 10, sets up to deny a shot as his teammate, Justin Snyder, 10, skates toward the net with the puck during hockey practice, Monday, at the Inline Skating Rink aboard Marine Corps Base Hawaii, Kaneohe Bay. Their team is in the “Squirts” Division, which consists of players from the ages of 10 and under, of the Oahu Inline Hockey League. Teams in the Squirts Division play every Saturday at the rink. The regular season is coming to an end, and the playoffs are scheduled to start Dec. 10, with the Championship Game on Dec. 17.

Lance Cpl. Ryan Trevino

TEXAN, From C-3

Leinart is a great QB and all, but he’s got the help of Reggie Bush in the backfield. The two of them paired together is what makes USC a great football team, not Leinhart alone.

Leinart or Bush wouldn’t even be my second choice. What about defense? The only thing more fun to watch than an explosive offensive attack, is a defensive shutdown late in the game.

I think Ohio State line-backer A.J. Hawk is a phenomenal player that will do great things in the NFL. The man has 60 solo tackles and 7.5 sacks for the Buckeyes this season. The only defensive player to ever win the award was Charles Woodson in ‘97, but that’s only because he returned kickoffs and punts, and was able to generate some offensive numbers. Defense is just as important as offense, and always has been, and it’s time we start giving the most prestigious award in college football to players who make things happen on the other side of the ball.

Bottom Line: Vince Young deserves this award more than Leinart or Bush combined. He breaks the mold on what people think a quarterback should play like, and he’s doing things now, as a junior in college, that veteran quarterbacks in the NFL still can’t do. Also, I wouldn’t lose any sleep if Hawk took the award and finally earned some credit where credit is due, the defensive player.

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